



COMMON SENSE in the HOME

EDITED by MARION HARLAND



SOUPS SAVORY AND SWEET.

THE one who have told you before on occasions, constantly recurs to me of the Frenchman traveling in Great Britain who lamented: "Thirty-seven religions have I found in England and but one gravy!"

I wonder what he would have said after a tour of the average homes of the United States!

Perhaps we have more sauces than he discovered among the English. Mint sauce most of us take for granted with roast lamb; tomato sauce has its place on many tables; drawn butter is tolerably familiar to the majority. Yet I have known numerous homes in which the only sauce or gravy which ever appeared was that made from the dripping from a roast of meat and thickened with unbrowned flour—a thin, pale compound which some persons of incomprehensible taste chose to use to deluge mashed potatoes.

Of course I am not counting the gravy which is made with fricasseed chicken and other stews. This can hardly be reckoned a sauce, since usually it is only the liquor in which the meat was cooked with such seasoning as this demanded and once in a while a trifle of thickening.

Persons who may be compounded by sauces who take the pains to learn the few and simple rudiments of their preparation and who appreciate the value of such adjuncts in rendering a plain meal appetizing are not sufficiently familiar to American housekeepers. The general cook or maid of all work shrinks from them as from something mysterious and asserts that they have no place in what she calls plain cooking.

Yet they are easily made and valuable as a means of using left-overs and imparting a tempting flavor to simple foods. Those for which I give directions below are not hard to learn nor are they expensive. Where butter is advocated good dripping may be substituted, and chicken fat is in many cases even better than butter. The dripping from roast beef, veal, etc., should always be saved and clarified and will save many a penny to the woman who has to watch her expenses closely. The cost of "plain roast and broiled" is greater than that of the less choice cuts of meat, and with the addition of a sauce the latter are as savory as the high priced pieces.

In addition to the savory sauces I give a few directions for sauces for puddings and other sweet dishes. Variety is agreeable here also, and a "run" on a hard sauce of sugar and butter, which seems to limit the abilities of many plain cooks, partakes of monotony. A little change will now and then be welcome.

BROWN GRAVY.
If I put brown gravy first it is because of the possibilities of the gravy served with roast and boiled meat and the fact that these are so seldom understood by even good housekeepers.

To make this in the simplest fashion when you have a roast of beef the meat should be transferred to a hot plate and most of the fat left in the pan poured off into a small bowl or dish. Only about a tablespoonful should remain in the pan, and to this must be added a heaping tablespoon of browned flour. Never use the plain white flour; it makes a most unattractive gravy and the taste of it is as unpleasant as the appearance.

To brown the flour several tablespoonfuls should be put in a shallow tin and this set in the oven for a few minutes,

stirring the flour up from time to time that it may only brown and not scorch. It should never reach the latter stage of it will be better.

Set the baking pan with the fat and the flour on top of the range and stir them until they bubble. Have ready half a pint of boiling water and mix this with the bubbling paste, stirring until the sauce is thick and smooth. Season with salt, pepper, and onion juice or chili sauce or Worcestershire or a little good catsup.

Kitchen bouquet is excellent, since it not only seasons the gravy but gives it a brown tone. Should the gravy be pale despite use of the browned flour put in a few drops of caramel.

To prepare the caramel put half a cup of granulated sugar into a small saucepan and let it melt and color until almost black. To this add a couple of tablespoonfuls of boiling water, taking pains not to be scalded by the spluttering which will ensue. Stir until the mixture is smooth

and take from the fire. Keep in a wide mouthed bottle and add cautiously to the gravy, since you wish only enough to tint and not to flavor.

Always bear in mind that there must be no guesswork in making sauces if you wish to win a good result. The proportions are invariable—one tablespoon each of butter or oil or dripping or other fat and of flour to half a pint of fluid. It will not do to pour your hot water at random from the kettle, as is the way of the

inexact cook. Sometimes your result may be good, but you are quite as likely to have failure as success. The only variation from this hard and fixed rule is when you double the quantity of fat for the purpose of making the sauce richer.

PLAIN WHITE SAUCE.
Put together your tablespoon of butter and your rounded tablespoon of flour—as much of it above the brim of the spoon as there is below—in a clean saucepan

over the fire. Or you may melt the butter in the saucepan first and then stir in the flour. In any event let them be thoroughly blended and bubbling before you pour in your measured half pint of milk.

If you are in a hurry you may have the milk hot, but whether hot or cold, stir the sauce without interruption until it is thick and smooth. The stage when the sauce is heavy enough to coat or mask the back of the bowl of the spoon is quickly reached. When it comes to a boil let it cook for one minute. Longer cooking makes it too thick. It should be about the consistency of double cream and if the mixing and stirring have both been conscientiously done there is no reason why the sauce should be lumpy or pasty.

Should the sauce have to stand for a while before using keep it hot in boiling water and if it happens to thicken too much thin it with a little boiling milk.

CREAM SAUCE.
This is made with precisely the same proportions as the white sauce, but cream is used instead of milk. For a sauce that will stand in richness between a white and a cream sauce the liquid may be half milk and half cream, or an excellent substitute may be managed by doubling the quantity of butter and using milk instead of cream.

It is a safe precaution to put a pinch of baking soda in the milk or cream when cooking it for sauce or for anything else.

BUTTER SAUCE OR DRAWN BUTTER.
For this the regulation proportions of a tablespoon each of butter and flour are cooked together until they bubble and a half pint of boiling water is then poured upon them and the sauce stirred until smooth and thick, and seasoned with pepper, salt, and onion juice, or other desired seasoning.

SAVORY BUTTER SAUCE.
Make as directed in the preceding recipe and add to the sauce ten drops of onion juice, a teaspoon of finely chopped pickles, and a pinch of mustard wet to a paste with a little vinegar. To make the sauce richer a beaten egg may be carefully stirred into the sauce at the last and the vessel taken from the fire after one minute.

CAPER SAUCE.
Make a butter sauce as directed and put with it at the least a tablespoon of capers. This is good to serve with boiled mutton and is also nice for boiled fish.

EGG SAUCE.
Make a pint of white sauce; have ready a hard boiled egg, chopped fine, stir it into the sauce; season to taste with salt and pepper. Good for baked or boiled or broiled fish.

ONION OR SOUBISE SAUCE.
To half a pint of white sauce add two medium sized onions which have been boiled soft and then chopped. Stir well, add salt and pepper to taste.

TOMATO SAUCE.
Drain half a pint of the liquor from stewed tomatoes, either canned or fresh; put it over the fire with a slice of onion and simmer fifteen minutes; take out the onion and pour the liquor upon a tablespoon each of butter and flour which have been cooked together until they bubble. Stir to smooth thickness, season with salt and pepper and serve. This is good to pour over poached or hard boiled and chopped eggs, to serve with fish or veal or lamb or mutton or hamburger steak.

BROWN SAUCE.
Cook together a tablespoon each of butter and of browned flour, letting them cook until the color begins to darken; pour upon them half a pint of clear beef stock or consommé. Stir until thick, and if a darker tint is required add a few drops of caramel or of kitchen bouquet as well as salt and pepper.

MINI SAUCE.
Chop fine three tablespoonfuls of fresh mint; bruise this with three tablespoonfuls of granulated sugar; pour upon them four tablespoonfuls of vinegar, stir until the sugar is dissolved, let all stand together for a few minutes and serve cold.

JELLY SAUCE FOR PUDDINGS.
Heat together in a saucepan a large tablespoon of butter, half a glass of currant or other tart jelly, and a tablespoon of sugar and stir until dissolved and blended. When smooth put in a tablespoon of corn starch moistened to a paste with the juice of a lemon. Cook for two minutes and keep hot over boiling water until needed. If wine is used put in a gill of sherry just before serving.

FRUIT JUICE PUDDING SAUCE.
Squeeze the juice from any kind of fruit and set it aside. Cream a tablespoon of butter and a cup of sugar together until they are creamy, beat in the fruit juice, and set on ice until needed.

CRUSHED FRUIT SAUCE.
Cream together two tablespoonfuls of butter and one cup of powdered sugar; put the mixture over the fire and stir until it boils, adding to it at this stage a teaspoon of arrowroot wet to a paste in cold water. Cook two minutes longer and stir in a cup of any kind of crushed or chopped fruit, fresh or canned. Leave the sauce on the fire just long enough to become hot through and serve.

MILK PUDDING SAUCE.
Cream a tablespoon of butter into a cup of sugar; add to them two eggs beaten stiff and whip all well. Wet a teaspoon of corn starch in a little cold milk and put this with the sauce along with a teaspoon of nutmeg or cinnamon. Beat in five tablespoonfuls of boiling milk, a little at a time, set the vessel containing the sauce in a kettle of boiling water and cook for five minutes, stirring constantly. Do not let the sauce come to a boil.

MARION HARLAND'S HELPING HAND.

For Girl and Boy.

"I HAVE been reading the Helping Hand and I am writing to say that I would appreciate embroidery, small pieces of ribbon suitable for a little girl's hair, and a piece of cloth which would serve for a boy's rompers, as well as any small bits of lace. Now, I don't expect all of these, but maybe some one will have one and not the other. I live out in the country and I get lonely. Of course, I have my children, but that doesn't take all the time during the long, hot summer days."

"Mrs. F. D." I am sure that not only will the pieces this correspondent asks for be sent her but that also some one will write to her and help to cheer the loneliness, although the long summer days are almost over. Even with children one yearns now and then to get in touch with some other women and to exchange a few experiences and sympathies. I shall hold the address of Mrs. F. D. and hope to receive calls for it.

Offers Some Magazines.

"Some time ago I wrote asking you for some of the reading matter offered through the Corner. I have been slow in writing again, but will you allow me to return thanks through the Helping Hand at this late date for your kindness in putting me in touch with the friends who have so generously supplied me with so much good reading? One friend sent me a year of one magazine, and how we have enjoyed it! The giver is a lawyer, and he has bestowed upon my husband some valuable information we needed. Another friend and her daughter have been generous, and I wrote and thanked them some time ago. I was able to call on them also and had a lovely visit. Now we have read most of these magazines, and they are in good clean shape. I want to offer some of them again through the Corner to some one who, like myself, loves good reading and is unable to purchase it. I will gladly furnish these magazines to any one asking for them if you can give me the addresses of such friends. I will also try to pay the express charges, as they were so generously paid for when they were sent to me in the first place. I often see a request for some reading matter which I shall be glad to fill. I have a request of my own to make. Can some of the readers of the Corner supply me with the words to these songs: 'Down Where the Cotton Blossoms Grow' and 'Hello, Central! Give me Heaven?' I have forgotten some of the words. The music I know, but should be glad to get

the words. I enjoy the Helping Hand Corner so much that I wish I were able to do more, but financial conditions prohibit. Mrs. J. C."

Not all of the best and most acceptable help comes from those of unlimited means. The kindly word, the offer of small aids, often mean more than the gifts which money can buy. The magazines which Mrs. J. C. offers to pass on will undoubtedly bring enjoyment to others as they have to her, and I shall be glad to give her address. Her generous appreciation of what has been done for her and her eagerness to share with others are an example to all of us. Who can supply the words of the songs Mrs. J. C. wishes? There are sure to be responses to her desire, and I hope they may be prompt. I will send her address on demand.

How Exchanges Are Made.

"Please tell me how one is to convey with various requests for articles asked for in your columns. Should they be sent to you? If you could have a short paragraph at the beginning of every issue of your Corner explaining this clearly, I am sure many persons would offer assistance in the necessary procedure. Mrs. G. V. L."

I am afraid this correspondent cannot have read the Corner carefully, or she would have seen that when an article is asked for the statement is nearly always made that the address of the applicant may be procured by writing to me for it, accompanying the inquiry with the signature appended to the letter containing the request. Not a week passes that this notice does not appear two or three times in the Corner. This method has proved successful in bringing in touch thousands of Cornerites.

Carrot Jam.

"I noticed in your Corner M. A. E.'s recipe for carrot jam and your comment. May I say that carrot jam is held in high esteem in England, where it is also known as mock apricot jam. My own recipe, which I procured in England and have proved to be satisfactory, calls for six chopped butter almonds and two tablespoonfuls of brandy to every pound of carrot pulp, besides the juice of two lemons and the grated rind of one. The brandy may be omitted, but the preserve will not then keep. Like some other jams, carrot jam improves with a few months' age. My recipe also says that the pulp is to be beaten through a sieve. Mrs. J. W. C." I imagine I am like the rest of the Cornerites and always glad to learn of some

new dainty for the table. With the wealth of fruit in command in some sections, no need may be felt for making use of carrots, but there are places where fruit is less plentiful, and the knowledge that this homely vegetable may be made into a tempting conserve is of distinct value.

Some of "John's" Favorites.

"You of the Corner cannot guess how dear you have grown to the people here. I wanted to write and reply to the questions of some of the writers, but have felt I could never do it so well as the rest of you do. The question that has worried me the most is why do not more persons give 'My John's' favorites? I think if each mother would make it the rule, no matter how large the family, to prepare each one's favorite once a week, the home would be the place that all the boys and girls would be hunting for and honoring, instead of seeking amusements elsewhere, and the mother and father would be the chief attractions. For my own part, I firmly believe that the mothers and fathers are to blame for the disrespect they have shown to them. I have three daughters, and I am glad to say that mother is first always. The father passed away ten years ago and so, of course, I have to be both to the girls. Thank you so much, dear Corner, for all the nice, bright things you have done to cheer me up and for the splendid recipes you have given me. I send two recipes which I put under the head of 'John's Favorites' and that I hope you will find good: 'SPICE CAKE'—One cup of sugar, half a cup of butter, one cup of milk, two cups of flour, white of one egg and yolk of two (leave the white of the other egg for the icing), half teaspoon of cinnamon, quarter teaspoon of allspice, cloves, and nutmeg, one and a half teaspoons of baking powder. Bake in two layers and ice with the following: One and a half cups of sugar, two cups of cornstarch, one cup of boiling water. Boil these together until they thread and then pour over the well beaten white of the egg.

'CORNBREAD'—Two cups of cornmeal, a pinch of salt, and a pinch of soda. Wet the cornmeal with the sour milk until it is of a consistency that you can take the mixture up in the hands and make into little cones. Drop these into a well greased skillet and bake for about twenty minutes. C. J. B."

This is a delightful letter with its warm hearted and sensible advice and it makes me happy to print it. I know it will prove of help and comfort to the readers and the counsel as to the means of

making the home attractive is well worth heeding. So is the statement that the parents are usually much to blame for the disrespect shown them by their children. If displays of the kind were checked at the outset there would be no trouble of this nature as the children grow older. I am glad to pass on to the Cornerites the appreciation accorded their letters and recipes.

Wants Reading Matter.

"I saw in a recent issue that J. A. C. offers quilt pieces and magazines, and since I live 100 miles from the city and never get a reading matter, I would love to have her address and the chance to correspond with her. My home is in a small country place. I shall hope to hear from J. A. C. C. L. F."

Way to Use Fruits.

"Before the summer season ends or the fruit I want to contribute the widow's mite in the way of something I learned while stricken with poverty and given left over fruit from groceries and fruit stores. Take all kinds of fruit, rhubarb included, wash thoroughly, leaving skins and seeds intact, and of course cutting away the bad portions; throw into a kettle of cold water and let boil until all is soft. Rub through a colander, add sugar to the mass, and stir again. Make a thickening of flour, stir this in, and pour out into crocks to cool. Eat any old time with milk and sugar. I call this preparation the California fruit compote. Here is another: Beat one or more eggs separately, then beat together, add sugar and lemon or orange juice. Beat again and pour over bananas and walnuts or pecans chopped fine. This mixture I call California angel food. God bless the Helping Hand and long may it prosper! Sometimes I hope to start the sunshine rolling chair fund—members admitted at \$1 a year—and let the fund be universal. Chairs are to be furnished free of charge to the afflicted as long as needed and then passed on to another of God's dear children. M. R."

FAMILY MEALS FOR A WEEK.

SUNDAY.	LUNCHEON.	DINNER.
BREAKFAST. Milk. Cereal. Fish cakes. Brown bread. Coffee.	Mixed mutton. Corn fritters. Popovers. Jam. Tea.	Lima bean soup (leftover). Baked loin of veal. Peas. Green corn. Peach shortcake. Coffee.
MONDAY.	LUNCHEON.	DINNER.
BREAKFAST. Orange. Cereal. Bacon. Fried bread. Coffee.	Spinach soup. Beefsteak steamed with onions. Stuffed eggplant. Creamed carrots. Berry tart. Coffee.	Orange. Cereal. Sautéed mackerel. Rolie. Coffee.
TUESDAY.	LUNCHEON.	DINNER.
BREAKFAST. Milk. Cereal. Bacon. Fried bread. Coffee.	Stew of steak and onions (leftover). Sliced tomatoes. Toasted graham biscuit. Baked apples. Tea.	Orange. Cereal. Bacon and fried peppers. Graham biscuit. Coffee.
WEDNESDAY.	LUNCHEON.	DINNER.
BREAKFAST. Green peas. Corn. Frozen peaches. Coffee.	Boiled leg of mutton with caper sauce. Green peas. Corn. Frozen peaches. Coffee.	Cream of corn soup (leftover). Broiled weakfish. Mashed potatoes. String beans. Pineapple custard. Coffee.
THURSDAY.	LUNCHEON.	DINNER.
BREAKFAST. Milk. Cereal. Bacon. Fried bread. Coffee.	Stew of steak and onions (leftover). Sliced tomatoes. Toasted graham biscuit. Baked apples. Tea.	Orange. Cereal. Bacon and fried peppers. Graham biscuit. Coffee.
FRIDAY.	LUNCHEON.	DINNER.
BREAKFAST. Orange. Cereal. Bacon. Fried bread. Coffee.	Spinach soup. Beefsteak steamed with onions. Stuffed eggplant. Creamed carrots. Berry tart. Coffee.	Orange. Cereal. Sautéed mackerel. Rolie. Coffee.
SATURDAY.	LUNCHEON.	DINNER.
BREAKFAST. Milk. Cereal. Bacon. Fried bread. Coffee.	Stew of steak and onions (leftover). Sliced tomatoes. Toasted graham biscuit. Baked apples. Tea.	Orange. Cereal. Bacon and fried peppers. Graham biscuit. Coffee.